

Media, PA— This Fourth of July, Congressman Sestak crisscrossed the 7th Congressional District and joined his constituents at parades, barbecues, and evening firework displays to honor our nation's birthday. The Congressman addressed citizens on the importance that the holiday holds for the nation as a whole and for individuals in the district. "Fourth of July celebrations are among those rare opportunities for the whole country to honor this nation's rich history and patriotic traditions," said the Congressman. "For me, the best part of the Fourth is not just seeing the enthusiasm on a national scale, but also taking part in the ways in which individual communities come together through parades, cookouts and fireworks to commemorate this most significant milestone."

The Congressman kicked off the day's festivities in Springfield where he met and enjoyed conversation with marchers and attendees prior to the parade. He then joined the two mile procession in Marple Newtown from St. Alban's Circle to the Broomall Fire Company. During the procession, the Congressman greeted and spoke with the constituents who peppered the parade route.

Congressman Sestak then continued onto yet another parade in Sharon Hill. The Grand Marshall, a returning Iraqi veteran, led an impressive march which consisted of the Congressman and township officials. Following a string band's performance of the national anthem, the Congressman addressed the crowd, noting that his years of public service—both in the military and in Congress—had afforded him the opportunity to meet with many citizens to discuss the characteristics that make this nation what it is today.

The next stop in the Congressman's busy day was stop at the Clifton Heights Flea Market followed by a barbecue hosted by Bob Herre of the Archer-Epler Musketeers Drum and Bugle Corps. Since 1932, the Musketeers have sought to entertain the community with their unique style of music while upholding their motto, "All for one, and one for all." The Congressman said that he was fortunate to have heard the group perform on a number of occasions, and was glad to spend time with the members of the Archer Epler Corps.

The next event on the Congressman's schedule was a meet and greet at the Rose Tree Valley which included a cookout, performance by a live band and games. Congressman Sestak was then off to a recitation of the Declaration of Independence in Havertown.

Transitioning into an evening of firework celebrations, the Congressman met and spoke one-on-one with citizens of Upper Merion before heading to Chesterbrook, where he mingled with constituents amidst the upbeat melody of Ben Mauger's Dixieland Jazz Band. The firework display was the perfect end to the Congressman's exciting day of processions, cookouts and meet-and-greets with members of the seventh district.

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.*